

Waffle Mix

3 cups flour
2/3 cup shortening
1 & 3/4 cups milk
2 beaten eggs

Mississippi Mud

1 1/2 cup self rising flour	3 tsp. vanilla
2 cup sugar	1/3 cup cocoa
4 eggs	1 cup nuts
1/2 cup wesson oil	

Combine all ingredients. Beat 2 min. Put in pan 9x13
Bake. While hot put 2 or 3 cups min. marshmallows over
cake, return to oven until melted, then ice.

Icing: 1 stick butter
1/2 cup pet milk
1/3 cup cocoa
1 box powdered sugar
vanilla

Beat until smooth. Spread over cake.

Do not over cook (25 min.)
350°

Pear Preserves
Grandmothers

1 S.
2 P.
little water.
1 lemon
Cook until
juice is thick

for tougher
let stand

parent

Hawaiian Cream Cake

1 box Duncan Hines yellow cake mix
1 stick butter
1 can mandarin oranges
4 eggs

Mix together & bake at 350 degrees

Icing: 1 large Cool Whip (9 oz)
1 can crushed pineapple (use juice)
1 large vanilla pudding mix
Mix together & frost cake that is completely cooled.

Keep refrigerated!

(Sourdough Starter)
In Sam Roberson

Book - 10.
Dough - 10.
both - 25.

Soc Clay Enterprises
P.O. Box 515
350 Fern Hollow Rd.
South Shore, Ky. 41175

RECIPE: Chess Squares

From the Kitchen of: Bonnie Trull

1 box yellow cake mix
1 egg
1 stick marg. melted mix like
dough. Pat into ungreased 11 X 13 pan
8 oz. cream cheese
3 eggs
1 box powdered sugar mix
bake at 350° for 45 min.



CMAZ0038

RECIPE: Biscuits

From the Kitchen of:

~~1~~ $\frac{3}{4}$ C. Flour
 $2\frac{1}{2}$ t. baking P.
~~1~~ t. salt
 $\frac{3}{4}$ stick butter
 $\frac{3}{4}$ C. milk



CMAZ0038

Cheese Soup w/ Broccoli

8 cups water
8 Chicken Bouillon Cubes
 $\frac{2}{4}$ oz grated potatoes about 5 med.
 $\frac{1}{2}$ cup each celery, onion + carrots
1 lb velveeta ches
 $\frac{1}{9}$ PKG. Frozen broccoli
Put all Ing. in lg. pot (except ches)
Cook 20 to 30 min on (med.)
Add chunks of ches stir until
melted. Cook Broccoli + Add to
portion to be eaten that day.

Single Chocolate

First layer:

1 C. self-rising flour, 1 C.
1 C. Chopped pecans or
work together and press
down lightly and coat.

Second layer:

1 (8 oz) pkg. Cream Cheese
 $\frac{3}{4}$ Cup sugar
1 Cup Cool Whip

Beat until Creamy; spread

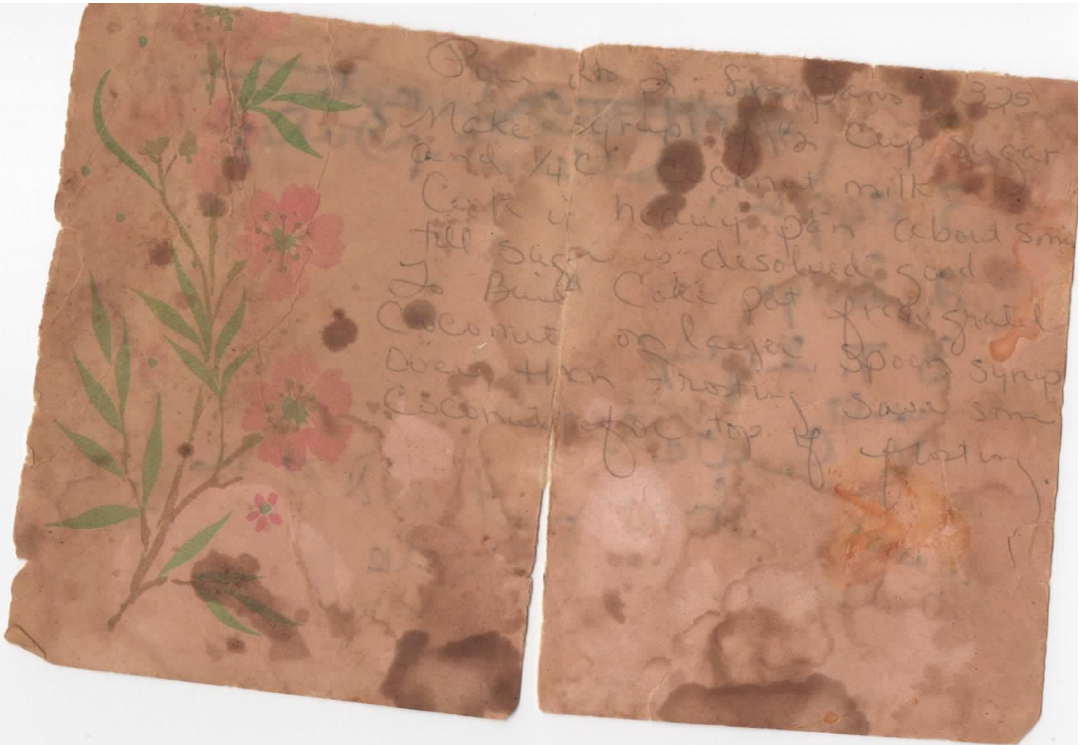
Third layer:

$1\frac{1}{2}$ Cup sugar	2 T. Co.
3 egg yolks	2 T. Ca
1 C. milk	3 Tab.
	2 tsp. i

Blend Together Cocoa, su
and m

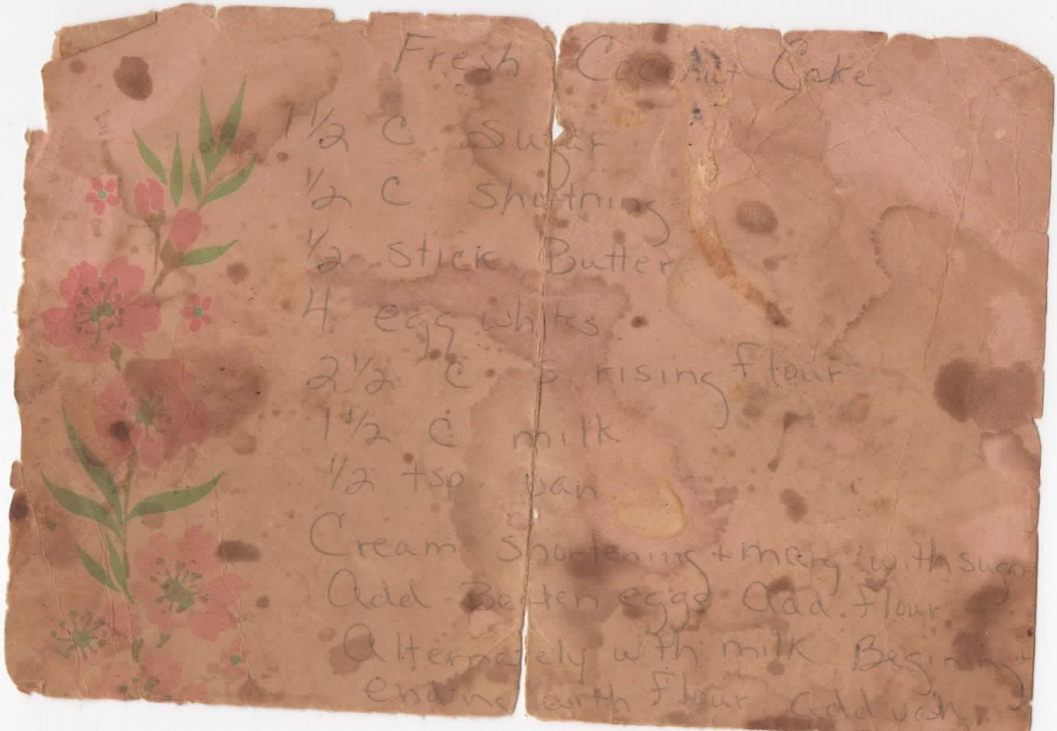
Combine egg yolk
these mixtures and Cook slowly until
thick. Add margarine and vanilla.
Spread on other layers and top with
Cool Whip. Keep refrigerated.

Measure brown sugar.
add salt, spices, and
lightly beaten eggs.
Stir just enough to blend
without heating. Stir
in Pumpkins and light
Cream or half & half.
Turn into unbaked Pie
shell. Bake in hot oven
(425 degrees) for 15 min.
Reduce heat to 350 degrees
and continue ~~baking~~
about 40 to 45 minutes
When done a knife ~~and~~
inserted in center will
come out clean. Center
should still be soft.
Cool on rack scrub with
Whipped Cream lightly
sweetened



Pan No 2 - Syrupans 325
Make syrup of $\frac{1}{2}$ Cup sugar
and $\frac{1}{4}$ C coconut milk
Cook it heavy pan about 5 min
till sugar is dissolved good
To Build Cake put fresh grated
Coconut on layer. Spoon Syrup
over then frosting. Save some
Coconut for top of frosting.

Fresh Coconut Cake



$\frac{1}{2}$ C Sugar
 $\frac{1}{2}$ C Shortening
 $\frac{1}{2}$ stick Butter
4 egg whites
 $2\frac{1}{2}$ C rising Flour
 $1\frac{1}{2}$ C milk
 $\frac{1}{2}$ tsp van

Cream Shortening + marg with sugar
Add Beaten eggs Add Flour
Alternately with milk Beginning
ending with Flour Add van

Pumpkin Pie (Gin Pie)

1 unbaked Pie shell
 $\frac{3}{4}$ Cup brown sugar
 $\frac{1}{2}$ tsp salt
1 tsp cinnamon
 $\frac{1}{2}$ tsp ginger
 $\frac{1}{4}$ tsp cloves
2 eggs - beaten
2 cups cooked Pumpkin
 $\frac{1}{2}$ cups light Cream.

3 eggs

2 Sops

3 T. Syrup

$\frac{1}{2}$ C. water

cook - lid put lid on
oil spin thread - do not stir

2 egg whites

$\frac{1}{4}$ C. White Syrup

$\frac{1}{2}$ C. Sugar

Dash of Salt

2 tsp. oil

Combine all ingredients. Place over boiling water. Beat with mixer white cooling. 3 or 4 min. until Frosting stands in peaks. Remove from hot water. Add van. Beat to mix well. Spread carefully.

Powdered Sug. Roll towel & cake
together let cool completely

Filling

1 cup powdered Sugar
8oz. cream cheese

6T. butter

1t. van.

Unroll cake spread filling re-roll
keep refrigerated until served

Peel onions & slice $\frac{1}{4}$ inch
thick. Separate into rings
Sift enriched all purpose
flour and measure.
resist With salt + B.P.
Combine eggs, milk,
and 2 Tbls spoons
Salad oil. Add to dry
ingredients and mix
lightly to make a
smooth batter. Dip
onion rings into
batter, drain on wire rack
Place over Pan. Heat 1
quart oil in flat bottomed
3-qt Pan. Heat oil to 375°
or till a 1 in cube of bread
browns in 30 to 40 seconds
Place batter cones

Coop. Broc - Chicken - Coal
mix mushroom Soup Sour Cream
& Tartar Sauce
Broc. chicken in pan mix on top
grated Cheese - Crackers, butter on
top. Put in oven until
brown on top. about 5 min

$\frac{1}{4}$ Bto Q
3 eggs
1 C. Sug
 $\frac{2}{3}$ C. Pure
2t. Cit
 $\frac{1}{2}$ t. Nut Meg.
325°

Pumpkin
Pie

Pumpkin Roll

- $\frac{3}{4}$ Cup Bisquick
- 3 eggs
- 1 cup Sugar
- $\frac{2}{3}$ cup packed pumpkin
- 2 t. Cinnamon
- $\frac{1}{2}$ t. nutmeg

Heat oven 375. Grease pan 15x10.1
line pan with wax paper. Bake 11-13
min. Invert on towel dusted with

- 1 Pkg Broc.
- 2 Chicken breast
- grated Cheese.
- 1 can C mushroom Soup.
- Small can Sour Cream.
- dash of Tarter Sauce
- $\frac{1}{4}$ Pk Crackers
- 1 stick butter

French Fried Onions

About 4 servings

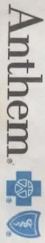
- 3 large mild onions
- $1\frac{1}{2}$ cups sifted Flour
- 1 tsp salt
- $1\frac{1}{2}$ tsp. Baking Powder
- 2 eggs, Well beaten
- $\frac{3}{4}$ Cup milk
- 2 Table spoon Salad oil

X
onion rings in hot
fat slowly frying only
1 layer at a time

Anthem Blue Cross and Blue Shield

370 Bassett Rd

North Haven CT 06473-4201



FORWARDING SERVICE REQUESTED

418 Rev 2/04

CASHMENTS 27096

Valhalla
Hotel
Tortilla chips
Cream corn
(Refried) Canada
Quesadilla
Cream cheese
Garlic powder
Green onions
Green

The Best Refrigerator Rolls

1 cup shortening

1 cup Sugar

1/2 tsp. salt

1 cup boiling water

2 egg

2 par.

1 cup lukewarm water

2 cups unsifted flour
Over shortening, sugar &
salt pour boiling water.
Blend and cool. Add beat
eggs. Sprinkle yeast into
the lukewarm water.
Combine with egg mixture
Add flour. Blend well. Cover
& place in refrigerator for 4 hrs.
Bake in hot oven
425 for 15 min.

Tom. fresh chopped
Chopped onion
Hot Pepper

SALSA



Pepper Steak

W. S. mix

Cup w at.

Tom.

TB. soya S.

Pinch ginger

P. flour



Apple Pecan Cake

- 1 1/2 cups Wesson oil
- 2 " sugar
- 2 whole eggs
- 1 level Teasp. Baking Powder
- 2 1/2 cup flour
- 1 Teasp. Vanilla
- 3 cups Chopped Apples
- 1 " " Pecan nut

Mix all these and add dry ingredients then add Nuts & Vanilla. Pour into Tube Pan. Bake in 250 oven 1 hr.

Sauce Cook a few minutes & pour
 1 stick Butter ^{top} Cook white Cakes ^{is still}
 1 cup sugar ^{Margaret} warm
 1/2 cup butters milk
 1 Teasp white Syrup Teasp Vanilla

from Rita
SYNDICATE SALES, INC.
 801 W. Morgan P. O. Box 756
 Kokomo, IN 46901 (317) 457-7277

AQUAPIC
 FRONZWOOD
 CANDELITE
 CARDETTES
 EVERLASTIN'
 FUNERAL
 BASKETS
 DESIGN BOWLS
 HOOSIER GLASS
 WHITE-LINE
 PIN-THRU
 TUBES
 BORDEAU
 BASKETS
 SCOTCH
 TWIST
 STEELPIX

One Egg Wonder Cake

- 2 cups selfrising flour
- 1/2 Cup of Butter (or oil)
- 1 cup of Sugar
- 3/4 cup of milk
- 1 Egg whole
- 1 tsp. Vanilla
- 1/2 tsp. Salt

Bake for 25 min.
 350°

7

Chicken Dump Cass.

1 Chicken Boiled
remove from bone
& place in Cass.

Do { 2 c. broth
1 can cream of
Chicken Soup
pour over chicken

mex { 1 1/2-2 c. self-rising
flour
1 1/2-2 c. milk
1 stick melted maj.
Salt & pepper

pour over chicken

bake 1 hour 350°

CARAMEL DIVINITY

2 $\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ cup white corn syrup
 $\frac{3}{4}$ cup hot water
few grains salt
2 egg whites beaten stiff
 $\frac{1}{2}$ cup nut meats
1 tsp. vanilla

Melt sugar in an iron skillet over low heat until a golden brown in color, stirring constantly. Add hot water and corn syrup. Boil until syrup spins a thread or 252 degrees. Pour on beaten egg whites slowly. Beat until thick and creamy. Add salt, vanilla and nut meats. Drop by spoonfuls on waxed paper and pour in pan.

CRUNCHY PEANUT LOG

Mix Well together: 1 c. peanut butter
2 $\frac{2}{3}$ cup. sifted powdered sugar
1 $\frac{1}{3}$ c. instant dry milk
1 $\frac{1}{3}$ c. cut up peanuts
2 T. water
1 T. corn syrup

Shape mixture into two 8" logs. Put $\frac{1}{2}$ cup cut up peanuts on waxed paper. Roll logs in peanuts. Chill until firm. Cut in slices.

PEANUT BRITTLE

2 c. sugar
1 c. corn syrup
2 $\frac{2}{3}$ c. cold water
3 T. butter
2 c. shelled peanuts
3 $\frac{1}{4}$ tsp. vanilla
1 $\frac{1}{2}$ tsp. soda
3 $\frac{1}{4}$ tsp. cold water

Put sugar, corn syrup and water in heavy kettle. Cook over low heat, stirring until sugar is completely dissolved. Cover and boil 3 minutes. Remove cover and boil to 275 degrees or crack stage. Add butter and peanuts, vanilla, soda dissolved in small amount of water. Stir until thoroughly mixed and turn on slightly buttered marble slab or platter. Spread as thinly as possible. Break in pieces when cold.

CARAMEL CRISP POP CORN

1 lb. light brown sugar
1 cup light corn syrup
4 T. butter
 $\frac{1}{4}$ cup water

Combine ingredients. Beat over low heat until sugar is dissolved. Cook to 280 degrees or until small amount will crackle in cold water. Add $\frac{1}{2}$ tsp. salt and cook to hard crackle. Pour over 6 quarts popped corn. Stir until well covered. Spread out to cool. Shape into balls.

Frosted Salad

2-3oz. Lemon jello

2 C. 7-up

1 C. Small Marshmallow

20oz. Crushed Pineapple drained

2 bananas sliced

Deserve jello 2 Cup B. water
stir in 7-up. chilled

add fruit pour in pan,
Chill till firm.

Topping

1/2 C. Sug

2 T. Flour

1 C. Pineapple juice

1 egg

2 T. Butter

2 C. Whipping Cream

Cover Top with cheese
(Cherries)

CAVETTINA

1 JAR PIZZA SAUCE

1 QT TOMATO JUICE

2 GARLIC CLOVES

1/4 tsp. PIZZA TOPPING SPICE

MIX AND SIMMER

BROWN 2 LB. HAMBURGER MEAT AND DRAIN, ADD
TO SAUCE, ADD 1 PKG. PEPPERONI SLICES
COOK NOODLES (MIXTURE OF LARGE SHELLS,
WAGON WHEELS AND SPIRALS) AND DRAIN.

CHOP BELL PEPPER AND ONION

1 JAR MUSHROOM SLICES

1 CAN BLACK OLIVES

2 PKG. SHREDDED MOZZARELLA CHEESE

POUR MEAT SAUCE OVER NOODLES IN A LARGE
BAKING DISH TOP WITH PEPPER, ONION, MUSHROOMS,
OLIVES AND CHEESE HEAT TO MELT CHEESE.

Unit Pizzia

2 - Cookie dough
4 - 2 cream cheese

1/2 Cup Sug.

1/2 Van.

Stra - Brea - Kinni - San.

Sea
slaw

113 79 06

122 76 71

$$\begin{array}{r} 113 \\ 79 \\ \hline 06 \end{array}$$

$$\begin{array}{r} 122 \\ 76 \\ \hline 71 \end{array}$$

Taco Soup

1 lb. ground beef

1 onion

2 cans Rotel

2 env. Taco seasoning

1 Can kidney beans

1 Can W.K. Corn

1 large can Tom Sauce

4 cups water

Simmer 2 hrs. on low

$$\begin{array}{r} 688 \\ 155 \\ \hline 340.50 \end{array}$$

Easy Velveta Fudge

melt 2 stick margarine, 8 oz.

Velveta cheese. Add T. Vanilla

Sift 2 lbs. Powdered Sugar and

$\frac{1}{2}$ cup Cocoa mix together

add cup chopped nuts spread

in Buttered Dish. cool cut + eat.

Layered Chocolate Pie

First Layer.

1 - Cup self-rising flour

1 - stick margarine

1 - Cup chopped Nuts (Pecans)

Work all this together + Press into
9x13x2 inch Pan.

Bake in 425 degree oven till slightly
browned, let Cool.

Second Layer 1 - 8oz Package Cream -

cheese, $\frac{3}{4}$ Cup sugar, 1 Cup Cool Whip
heat till Creamy + spread on Crust,

Third Layer $1\frac{1}{2}$ Cups sugar, Three -

egg yolks, 1 - Cup milk, 3 tbsp Cocoa,

3 - tbsp Corn starch, 3 - tbsp margarine,

2 - tsp Vanilla, Blend together Cocoa

and Corn starch + sugar in sauce

Pan heat egg yolks add milk +

margarine and Vanilla Cook till

thickens ^{like} for Pie Cool and spread
over second Layer.

Put Plain Cool Whip over top

Put top over Pan + set in refrigerator

Harry Bird 34

Kevin McHale 33

Robt Parrish eldest

Player in the NBA.

Layered Chocolate Pie

First Layer

1 C self R Flour

1 Stick Marg.

1 C Chopped nuts

Work together Press into
9x13 inch Pan Brown lightly
+ Cool.

bake ^m 25° 10 Minutes

2nd Layer 1-8oz Pkg C. Cheese

3/4 C Sugar

1 Cup Cool Whip

beat till Creamy +

spread on crust

3rd Layer 1 1/2 C Sugar

3 egg yolks

1 C milk

3 tbsp Cocoa

3 tbsp Corn Starch

3 " Margarine

2 tsp Vanilla

blend Together Cocoa sugar

+ Corn ~~sugar~~ Starch

Cool + spread over 2nd layer

Put C ^{Plain} Cool Whip on top

Good!

Beat

Egg Custard Recipe given to me by
Larene Webb.
3 large eggs or 4 small ones, and
3/4 Cup Sugar, or 1 Cup. and
1 Pint Sweet milk, 1 tsp Vanilla,
mix and pour into unbaked pie shell
set with butter, Bake kinda fast
in 400 degree oven.

Egg Custard Bey -

Mrs. Robert Bolton Libonan, Jr.

1 Cup Sugar, 3 Cups milk, 5 eggs,
1 tsp Nut. Meg or Vanilla mix and bake per
above recipe. No instructions were given with this
recipe for baking.

Fruit Cocktail Pie Roseanne's recipe

1 Graham Cracker Crust,
1 Can Eagle Brand milk, Juice of 2 lemons,
mix well and add 1/2 Cup Chopped Nuts
1 Can Fruit Cocktail (drained) set chill
and top with Cool Whip.

(over)

Chocolate Pie

Stanton Recipe

2 tbsp. Cocoa, 3 egg yolks, 1 large can evaporated milk, 1- cup Sugar, 1 tsp Corn starch 1/2 tsp Vanilla
Beat egg yolks, Add Sugar, Corn starch, Cocoa, then add milk. Cook over low heat until thick, stirring constantly.
Add Flavoring. Pour into baked Pie Shell
top with meringue made with 3 egg whites
3 tbsp Sugar, 1 tsp Vanilla. bake slowly in 325 degree oven till light brown.

Beat until Creamy; spre
Third layer:

1 1/2 Cup Sugar	3 T. Co
3 egg yolks	3 T. Ca
1 C. milk	3 tab.
	2 tsp. i

Blend Together Cocoa, Su
and mi

Rich
Coconut Pie

3 eggs - yolks

1/2 cups Sugar

1 stick butter

2 T. flour

3 T. milk

Coconut.

Vanilla

Salt pinch

Run egg whites

to go on top

oven in unbaked
pie shell

Apple Cake

2 cup flour
2 cup sugar
2 ts. soda
1 1/2 cup oil
2 ts. cinnamon
4 eggs
3 cup chopped apples

Mix together & bake at 325 degrees

Icing: 8 oz. cream cheese
1/2 cup butter
1 box powdered sugar
1/2 cup chopped nuts
2 ts. vanilla

Cheese Squares

1 box yellow cake mix
1 egg

1 stick marg. (melted)

Combine these ingredients; mixture will
like dough. Pat into ungreased 11x13 pan.

8 oz. cream cheese (softened)

3 eggs

1 box powdered sugar

8 oz. cream cheese

Add eggs one at a time
beat well. Pour over

bake at 350 for 45

before cutting

My Favorite Recipe For Ripe Tomato Pickle

From _____

Date _____ Tried Out On _____

1 gal Ripe Tomatoes Chopped

1 Doz Bell Peppers Chopped

1 gal Cabbage "

1 qt onions "

1/2 gal Vinegar

3 lbs sugar

2 tsp. Turmeric

3 tbs mustard

3 tbs whole Cloves

1 tbs Cinnamon

1 tbs Celery seed.

Potted Peaches

Wash, (Do not Peel.) Cut up and
measure 2 - Gallon Peaches. Add -
6 cups sugar and 3/4 Cup Vinegar
Cook in heavy Cooker till thick
Put into Sealed Jars + Seal.

For smaller recipe

1 - Gallon Ripe Peaches

3 1/2 cups sugar 1/3 Cup Vinegar
Cook till thick Fill Jars
And Seal.

You may use same recipe
For Apples. Do not Peel Apples

N.E.K.

SAVE
Up To:
7¢

Great Summer Recipes

Mandarin Orange Cake

- 1- Butter Yellow Cake Mix
- 4 Eggs
- 1/2 Cup Oil
- 1 can Mandarin Oranges,
undrained & Cut up

Mix all four ingredients.
Bake at 350° for 30
minutes. Let cake cool
completely.

- 1-12 oz Cool Whip
- 1- Large box Instant Vanilla
Pudding
- 1 20 1/2 oz can Crushed
Pineapple.

Mix all ingredients.
Frost cake.
Keep refrigerated



SAVE
Up To:
\$ 2.06

Knorr®

Vegetable Soup and Recipe Mix

See side panels for soup directions
and delicious recipes!

Knorr® Vegetable Dip

Stir 1 package soup mix and 1 container
(16 oz) sour cream until blended. Cover;
chill 2 hours. Stir before serving. Makes
about 2 cups.

Knorr® Spinach Dip

Thaw 1 package (10 oz) frozen chopped
spinach and squeeze dry. Stir 1 package
soup mix, 1 container (16 oz) sour cream
and 1 cup Hellmann's® or Best Foods®
real mayonnaise until blended. Stir in
spinach, 1 can (8 oz) water chestnuts,
chopped, and 3 chopped green onions.
Cover; chill 2 hours. Stir before serving.
Makes about 4 cups.

CHICKEN SALAD calls for
4-pound stewing chicken,
simmered the day before
serving. Cool and chill over-
night in refrigerator. Cut
meat into chunks. Add 1 cup
celery sliced at an angle
and 3/4 cup chopped green
sweet pepper. Mix 2-3 cup
mayonnaise with 2 teaspoons
grated onion, 1/4 cup light
cream, 1 teaspoon salt, 1/8
teaspoon pepper, and 2
tablespoons vinegar. Pour
over chicken and vegetables.
Chill several hours before
serving.

* * *

Icebox Vegetable Salad

- 1 (16-ounce) can French-style green beans, drained
- 1 (17-ounce) can tiny green peas, drained
- 1 (16-ounce) can whole kernel corn, drained
- 1 (4-ounce) jar chopped pimentos, drained
- 1 cup finely chopped celery
- 1 medium onion, finely chopped
- 1 medium green pepper, finely chopped

- 1 cup sugar
- ½ cup vinegar
- ½ cup vegetable oil
- 1 teaspoon salt
- ½ teaspoon black pepper

Combine first seven ingredients in a large bowl. In a saucepan, combine sugar, vinegar, oil, salt, and pepper. Bring to a boil; cool slightly and pour over vegetables. Cover and refrigerate overnight. Salad may be stored in refrigerator for up to one week.

Yield: 8-10 servings.

Dorothy Jean Beckham
Waynesboro

Wayne Farmers Cooperative

Flavored Boiled Custard

LOCKE'S recipe for making a most delicious and rich colored custard that is thin enough to drink is one that has been in the Locke family for almost a century. I'm sure that it was developed as an economical way to use up the egg yolks left when the coconut cake was made.

This recipe calls for six cups of milk, a nice amount to make for a small family—but can easily be doubled or quadrupled if desired.

Put five cups of milk in the top of a double boiler. Heat over boiling water. Stir into the hot milk six well-beaten egg yolks to which 12 tablespoons (¾ cup) sugar and one cup of cold milk have been added. Stir frequently while custard is cooking. It should simmer (not boil) until it thickens enough to form a coating on the spoon with which it is being stirred.

Frequent stirring and a temperature just below boiling will keep your custard from curdling, yet allow it to cook completely. Remove from heat and cool, then chill. Flavor to taste and serve topped with whipped cream or freshly grated coconut.

*my favorite
Recipe X
for boiled
Custard*

LEWIS COUNTY HERALD, HOHENWALD, TENNESSEE

Easy Spicy Corn Relish



Here's a simple recipe for a deliciously spicy corn relish you can make in a few minutes today and eat tomorrow. Take the relish on a picnic to spread on ham sandwiches, serve it with fried chicken, or bring it to a barbecue with hot dogs or hamburgers. Made with fresh corn which is plentiful now, the spiciness comes from instant minced onion, mustard seed, turmeric, celery seed and ground black pepper—all available on your supermarket spice shelf.

EASY CORN RELISH

- | | |
|------------------------------------|---------------------------|
| 1 cup cider vinegar | 1 teaspoon salt |
| ½ cup water | ½ teaspoon celery seed |
| ½ cup sugar | Pinch ground black pepper |
| 2 tablespoons instant minced onion | 4 cups fresh corn kernels |
| ½ teaspoons whole mustard seed | ½ cup diced green pepper |
| 1 teaspoon turmeric | ½ cup diced red pepper |

In a medium saucepan combine vinegar, water, sugar, mustard seed, turmeric, salt, celery seed and black pepper. Bring to a boil. Reduce heat and simmer, covered, for 15 minutes. Add corn and peppers. Cover, until vegetables are just tender, 5 minutes. Remove from heat and spoon into a bowl. Cover and refrigerate until ready to serve. Yields 4 cups.

★ **RECIPE**

BING CHERRY SALAD

Number of Servings — 10-12

- 1 No. 2 can Bing cherries or 1 10 1/2-oz. bottle Maraschino cherries, diced
- 1-2 1/2 c. crushed pineapple, drained (opt.)
- 2 pkg. cherry, lime or blackberry gelatin
- 2 Coca-Colas
- 2 c. fruit juice
- 1 c. nuts, chopped (opt.)
- Whipped cream (opt.)

Heat juices drained from pineapple and cherries. Pour over gelatin; stir well. Cool. Add Coca-Cola. Chill until partly congealed. Add remaining ingredients. Chill until firm. Garnish with whipped cream if desired.

The teachers who submitted this recipe can be found on page 378.

BING CHERRY SALAD

Number of Servings — 15

- 1 No. 303 can pineapple chunks, drained and sliced in 1/3's
- 2 pkgs. raspberry or cherry gelatin
- 2 c. hot water
- Syrup drained from pineapple plus enough cold water to make 2 c.
- 1 No. 303 can bing or dark sweet cherries, pitted
- 1 c. celery, chopped
- 1 small bottle stuffed olives, sliced
- 1 6 oz. pkg. cream cheese, cut in small pieces
- 1/2 c. pecan halves

Dissolve gelatin in hot water. Add pineapple syrup and cold water. Chill until mixture thickens slightly. Add pineapple, cherries, celery and olives. Fold in the bits of cream cheese. Top salad with pecan halves. Chill until firm.

*Joan McCready, Missouri Valley H. S.
Missouri Valley, Iowa*

CHERRY-COLA SALAD

Number of Servings — 8

- 1 No. 2 can black Bing cherries, drained
- 2 pkg. cherry gelatin
- 2 6-oz. bottles Coca-Cola
- 1 c. nuts
- Whipped cream (opt.)

Dissolve gelatin in heated cherry juice. Add cherries, nuts and Coca-Colas. Chill and serve. Garnish with whipped cream if desired.

This recipe submitted by the following teachers:

*Mrs. Annie Varnell, Dora Municipal School
Dora, New Mexico*

*Etta Mae Westbrook, Leetonia H. S.
Leetonia, Ohio*

BING CHERRY SALAD

Number of Servings — 8-10

- 1 No. 2 can Bing cherries, pitted
- 1 box lemon gelatin
- 1 1/4 c. grape juice
- 1/2 c. pecans, broken (opt.)
- 1 pkg. cream cheese
- 1/2 c. mayonnaise

Heat juice from cherries; add gelatin and stir until dissolved. Add enough grape juice to make 2 cups liquid. Chill. When slightly congealed, add cherries and nuts. Chill until firm. Serve with a dressing made by blending the cream cheese and mayonnaise.

*Mrs. E. T. Parker, Connally H. S.
Waco, Texas*

COCA COLA SALAD

Number of Servings — 12

- 1 lge. can Bing cherries
- 1 No. 2 can crushed pineapple
- 1 c. celery, cut medium fine
- 2 pkg. cherry gelatin
- 2 pkg. (3 oz.) cream cheese, broken in small chunks
- 2 regular sized bottles Coca Cola
- Chopped nut meats, if desired

Heat juice of cherries and pour over gelatin. Let cool. Add Coca Cola and stir in other ingredients. Put mixture into mold, individual molds, or square pans for easy cutting into serving pieces. Chill until firm. Serves 12 generously.

*Jean B. Gillece, Lamar H. S.
Lamar, Colorado*

BING-A-LING SALAD

Number of Servings - 10

- 1 lge. can Bing cherries
- 2 pkg. cherry gelatin
- 2 c. grape juice
- Juice of 1 lemon
- 1 carton cottage cheese
- 1 c. nuts

Heat juice from cherries and add to gelatin. Cool. Add grape and lemon juice. When slightly thickened, add cherries, cottage cheese and nuts. Chill until firm.

*Olc. Lee W. Robinson, North H. S.
North, South Carolina*

BING CHERRY SALAD

Number of Servings - 8

- 1 pkg. raspberry gelatin
- 1 c. hot cherry juice
- 1 T. gelatin
- 1/4 c. pineapple juice
- 1 c. pecans, chopped
- 1 small can crushed pineapple, drained
- 1 c. orange sections, drained
- 1 can Bing cherries
- 1 small Coca-Cola or 1 c. Mogen David wine
- 1 c. whipped cream
- 1 T. mayonnaise

Dissolve raspberry gelatin in hot cherry juice. Add gelatin softened in the pineapple juice. Stir until dissolved. Chill until thickened; add fruits, nuts and wine or Coca-Cola. Combine cream and mayonnaise. Fold into gelatin mixture. Chill.

*Ethel D. Johnson, Jackson H. S.
Jackson, Alabama*

BING CHERRY CONGEALED SALAD

Number of Servings - 6

- 1 pkg. cherry gelatin
- 1 8-oz. pkg. cream cheese
- 1 No. 2 can Bing cherries
- 1 small pkg. pecans, almonds or walnuts
- 1 c. hot cherry juice
- 1 c. cold water

Dissolve gelatin in boiling cherry juice. Add cold water. Cool. Cream the cheese until soft. Add nuts. Stir into thickened gelatin. Add cherries. Chill until firm.

This recipe submitted by the following teachers:

*Mary Nan Marek, William Adams H. S.
Alice, Texas*

*Mrs. Helen Pinkham, DeKalb H. S.
DeKalb, Texas*

*Mrs. Grace Hunt, Sturgis H. S.
Starkville, Mississippi*

*Mrs. Bernadette Schoen, East Troy H. S.
East Troy, Wisconsin*

BING

Number

- 1 can sw
- 1 small can
- 1 pkg. cherry
- 1 3-oz. pkg. cream
- 1 6 1/2-oz. cold Coca-Cola
- pineapple juice
- 1 c. pecans or other nuts

Heat 1 cup cherry juice. (Add pineapple juice necessary to make 1 cup liquid.) Dissolve in hot juice. Pour a little of the hot mixture in cream cheese. Blend until very smooth. Add remaining hot gelatin mixture; blend well. Add Coca-Cola or pineapple juice; cream and beat thoroughly. Chill until fairly firm. Beat again with chilled beaters, until mixture begins to fluff. Fold in cherries, pineapple and nuts. Pour into mold that has been rinsed in cold water. Chill 6 to 8 hours or until firm. One package of strawberry gelatin prepared according to package directions may be added to extend this recipe.

This recipe submitted by the following teachers:

*Mrs. Pauline B. Commer
Crowder White Attendance Center
Crowder, Mississippi*

*Marolyn W. Howell, Bainbridge H. S.
Bainbridge, Georgia*

*Hattie Hunt, Science Hill H. S.
Johnson City, Tennessee*

*Rose Ann Miller, Vaiden H. S.
Vaiden, Mississippi*

*Mrs. Ralph Johnson, Scottsville H. S.
Scottsville, Kentucky*

*Mrs. Patsy Ruth Agee, Evans H. S.
Orlando, Florida*

BING CHERRY SALAD

Number of Servings - 6

- 1 pkg. cherry gelatin
- 1 can Bing cherries, drained
- Juice of 1 orange
- Juice of 1 lemon
- Cooking sherry (opt.)
- 1/2-3/4 c. nuts, chopped
- 1 c. cherry juice, heated
- 1 3-oz. bottle stuffed olives, sliced (opt.)

Dissolve gelatin in hot cherry juice. Combine orange and lemon juice; and enough cooking sherry to make 1 cup liquid. Add to gelatin mixture. Chill until thickened. Add nuts, cherries and olives if desired; chill until firm.

This recipe submitted by the following teachers:

*Mrs. Eloise W. Gilreath, Wilkes Central H. S.
North Wilkesboro, North Carolina*

*Mrs. J. B. Morris, Gooding H. S.
Gooding, Idaho*

Bacon Curry Coleslaw

1/2 cup golden raisins
4 cups shredded cabbage
3 green onions
1 red apple
6 slices crisp bacon,
crumbled
1/2 cup salted peanuts (add
just before service)

Dressing

2/3 cup mayonnaise
1 tsp. curry powder
Juice of 1/2 lemon.
Mix well; add at serving
time.

Willie Westbrook
Knoxville

Jezebel Dip

(Different and good)
1 18 oz. pineapple
preserves

1 18 oz. apple jelly
5 oz. jar Horseradish
1 1/2 can dry mustard
1 tsp. pepper

Mix and pour over 2 8 oz
pkgs. cream cheese. Serve
with crackers. Keeps well.

Willie Westbrook
Knoxville

Graham Cracker Coconut Cake

2 sticks butter or oleo
2 cups sugar
4 eggs
2 tsp. baking powder
1 cup milk
1 can coconut
16 oz. graham cracker
crumbs

1 cup chopped black walnuts
Cream sugar & butter, beat
eggs in one at a time. Stir in
coconut. Then graham
crumbs, milk & baking
powder. Stir nuts in last.
Bake in 3 round cake pans,
greased & lined bottom with
wax paper. Bake 30 minutes
at 350 degrees. When cool
frost with Pineapple Icing
(no flour needed) 1 small
can crushed pineapple, 1 1/2
cups sugar. Cook until it
boils. Beat 2 egg yolks with
2 heaping tablespoons flour.
Then with pineapple juice.
Pour into pineapple mixture
and cook until thick (Stir all
time or it will burn) Whip
& spread on cake.

Julia D. DePriest

Coconut Chocolate Balls

1 stick margarine
1 can flaked coconut
1 can Sweetened Condensed
milk
2 boxes powdered sugar
1 cup nuts
1 teaspoon vanilla
2 packages chocolate chips
1/2 block paraffin

Mix together all ingredients
except chocolate and paraffin.
Shape into balls and chill for
1 hour. Melt chocolate and
paraffin in double boiler, dip
the chilled balls into the
chocolate mixture and place
on wax paper to harden.

Mrs. Ward Turnbow

Tea Cakes

4 eggs --- 3/4 cup butter
3/4 cup water
1 1/2 cup sugar
2 tablespoons vanilla

Add flour until can be rolled
out and cut in tea cakes.

Before baking, after you
put them in pan, sprinkle
sugar on top. Bake at 350
degrees.

Sue Hamm

GERMAN SWEET CHOCOLATE PIE

A timeless favorite, now made quick and easy.

1 package (4 oz.)
BAKER'S® GERMAN'S®
Sweet Chocolate
1/3 cup milk
1 package (3 oz.)
cream cheese, softened
2 tablespoons sugar (optional)
3 1/2 cups (8 oz.) COOL WHIP®
Non-Dairy Whipped Topping,
thawed
8- or 9-inch
prepared crumb crust

MICROWAVE* chocolate and 2 tablespoons of the milk in large
microwavable bowl at HIGH 1 1/2 to 2 minutes or until chocolate is almost
melted, stirring once halfway through heating time. Remove from
oven. STIR UNTIL CHOCOLATE IS COMPLETELY MELTED.

BEAT in cream cheese, sugar and remaining milk until well blended.
Refrigerate to cool, about 10 minutes.

FOLD in whipped topping, blending until smooth. Spoon into crust.
Freeze until firm, about 4 hours. Garnish with chocolate curls, if desired.
Cover and store any leftover pie in freezer. Makes 8 servings.

***RANGE TOP:** Heat chocolate and 2 tablespoons of the milk in saucepan
over very low heat, stirring until chocolate is melted. Remove from
heat; continue as above.



Holiday Recipes

Mexican Chicken Casserole

- 1 chicken, cooked and boned
- 1 large bag tortilla chips
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 1 can Rotel Tomatoes (with chilies)
- 1 medium onion, chopped
- 1 clove garlic

- 1/2 tsp. chili powder
- 1/2 lb. Cheddar Cheese, grated

Line 9x13 casserole dish with chips. Set cheese aside. Mix together remaining ingredients. Pour mixture over tortilla chips. Cover with cheese. Bake at 350 for 30 minutes.

Gwen Holder

Broccoli or Cauliflower Soup

- 1 can Campbell's Cheddar Cheese Soup
- 1 can milk

- 2 cups cooked & drained cauliflower or broccoli

Dash of garlic, salt & pepper
Mix soup & milk well. Add rest of ingredients. Heat & serve

Willie Westbrook
Knoxville

1 1/2
17 oz
1 cup
Cream L
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with milk. A



Hey
Let's cheer

Leon



TRY GERMAN SWEET CHOCOLATE CREAM CHEESE BROWNIES! SEE NEW RECIPE CARD INSIDE BOX

CHOCOLATE TIPS

TO MELT IN MICROWAVE: Place chocolate, unwrapped, and broken in half, in microwavable dish. Heat at HIGH 1 1/2 to 2 minutes until almost melted, stirring halfway through heating time. Remove from oven and stir until completely melted.

TO MELT ON RANGE TOP: Place in heavy saucepan over very low heat and stir constantly until just melted.

TO STORE: Keep in a cool, dry place (below 75°, if possible) but not in refrigerator. At very high temperatures chocolate grays in color. This happens naturally when cocoa butter rises to the surface. It does not affect chocolate flavor and quality.



INGREDIENTS: SWEET CHOCOLATE (SUGAR, CHOCOLATE, COCOA BUTTER, LECITHIN [AN EMULSIFIER FROM SOYBEANS]). 113 g

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Old English Soup

- 1 small onion, chopped fine
- 2 tablespoons butter
- 1/2 cup chopped mushrooms
- 3 stalks celery, diced
- 4 cups chicken broth
- 1 tablespoon quick tapioca
- 1/2 cup cooked chicken, diced
- 1/2 cup cooked ham, diced
- 2 hard-boiled eggs, chopped fine
- 1 cup cream
- freshly ground pepper
- pinch of nutmeg
- salt

In a large saucepan, melt butter, add the onion and cook slowly until golden. Add mushrooms, celery & nutmeg, cook for 10 mins. Stir in chicken broth, tapioca, chicken & ham, let simmer for 20 mins. Add eggs, cream, salt & pepper. Makes 6 cups.

Corn Chowder

- 2 cups corn kernels
- 1 onion, chopped fine
- 2-inch cube salt pork, diced small (1/4 lb)
- 4 medium potatoes, diced small
- 3 cups water
- 3 cups low-fat milk
- 3 teaspoons butter
- freshly ground pepper
- salt

Cook the salt pork slowly in a deep pan until the fat melts and the pieces are brown. Save 2 tablespoons fat, strain off remainder. Add onion, cook for 5 mins. Add potatoes, water, cover and cook until potatoes are tender. Add corn and milk, cook for 5 mins. more. Add butter, salt, pepper to taste. Makes 10 cups

My Favorite Jam Cake

- | | |
|-----------------------------|--------------------------------|
| 2 sticks butter | 1 teaspoon allspice |
| 1 1/2 cups dark brown sugar | 1 cup buttermilk |
| 3 cups flour | 3 eggs |
| 1/2 teaspoon salt | 1 cup blackberry jam |
| 1 teaspoon soda | 1 cup broken pecans or walnuts |
| 1/2 teaspoon nutmeg | |
| 1 teaspoon cinnamon | |

Cream the butter and sugar. Sift together the dry ingredients and add them alternately with the buttermilk. Add the slightly beaten eggs. Blend well. Fold in jam and nuts. Pour into two greased and floured cake pans. Bake in a moderate oven, 350°, for 25-30 minutes or until done. When thoroughly cooled, frost with icing.

Coconut-Pecan Filling and Frosting

Prep: 5 minutes

- 1 can (12 oz.) evaporated milk
- 1-1/2 cups sugar
- 3/4 cup (1-1/2 sticks) butter or margarine
- 4 egg yolks, slightly beaten

Cook: 12 minutes

- 1-1/2 tsp. vanilla
- 1 pkg. (7 oz.) BAKER'S® ANGEL FLAKE® Coconut (about 2-2/3 cups)
- 1-1/2 cups chopped PLANTERS® Pecans



MIX milk, sugar, butter, egg yolks and vanilla in large saucepan. Cook on medium heat 12 minutes or until thickened and golden brown, stirring constantly. Remove from heat.

ADD coconut and pecans; mix well. Cool to room temperature and of desired spreading consistency. Makes about 4-1/2 cups or enough to fill and frost top of 3-layer cake or frost tops of 2 (13x9-inch) cakes or 24 cupcakes.

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*See inside for delectable
soup recipes you'll love!*

Caramel Icing

Place $\frac{1}{2}$ cup sugar in iron skillet over low heat. Mix in saucepan 2 cups sugar, $\frac{3}{4}$ cup milk, 1 stick butter, 1 slightly beaten egg; stir this mixture over low heat until butter melts. Increase heat and cook until it boils rapidly.

Meanwhile, the sugar in the skillet has begun to melt. When it is a light brown, pour it into the other boiling mixture—stirring fast and constantly. Cook until soft ball stage is reached. (A few drops of icing in a cup of cold water can be rolled into a ball.) Add 1 teaspoon vanilla. Beat until spreading consistency, then spread on cake.

FARM AND RANCH

GERMAN'S® Sweet Chocolate Cake

Prep: 30 minutes

1 pkg. (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate
 $\frac{1}{2}$ cup water
2 cups flour
1 tsp. baking soda
 $\frac{1}{4}$ tsp. salt

Bake: 30 minutes

1 cup (2 sticks) butter or margarine, softened
2 cups sugar
4 eggs separated
1 tsp. vanilla
1 cup buttermilk

LINE bottoms of 3 (9-inch) round cake pans with wax paper; grease sides of pans.

MICROWAVE chocolate and water in large microwavable bowl on HIGH 1-1/2 to 2 minutes or until chocolate is almost melted, stirring after each minute. Stir until chocolate is completely melted.

MIX flour, baking soda and salt; set aside. Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy. Add egg yolks, 1 at a time, beating well after each addition. Stir in chocolate mixture and vanilla. Add flour mixture alternately with buttermilk, beating until well blended after each addition.

BEAT egg whites in another large bowl with electric mixer on high speed until stiff peaks form. Gently stir into batter. Pour evenly into prepared pans.

BAKE at 350F for 30 minutes or until toothpick inserted into centers comes out clean. Immediately run spatula between cakes and sides of pans. Cool 15 minutes; remove cake layers from pans. Remove wax paper. Cool completely on wire racks. Spread Coconut-Pecan Filling and Frosting (recipe on back of card) between layers and onto top of cake. Makes 16 servings.



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from Waverly. "She
give her your recipe
ke. She follows your
to time, and I get to

we don't want to dis-
wife. Here's a recipe
ke from the Hunts-

ville Heritage Cookbook published by
the Junior League of Huntsville Inc. I'm
sure you'll like eating the results of this
recipe.

BURNT SUGAR CAKE

- 1½ cups sugar
- ¾ cup warm water
- ¾ cup shortening
- 2 eggs, separated
- 1 cup milk
- pinch of salt
- 2½ cups flour
- 1 teaspoon baking powder
- 1 scant teaspoon soda

1 teaspoon vanilla

Heat ½ cup sugar until deep brown;
do not burn. Add water; stir to dissolve
sugar; cool.

Cream shortening and 1 cup sugar;
add beaten egg yolks and milk. Add
sifted dry ingredients. Add burnt sugar;
fold in beaten egg whites and vanilla.
Pour into 2 greased 9-inch layer pans
and bake in a preheated 350° oven for
25 minutes. Ice with caramel icing.

CARAMEL ICING

- 3 cups sugar
- ¾ cup water
- 1 small can evaporated milk
- 1 stick butter
- 1 teaspoon vanilla

Brown ½ cup sugar in a heavy pan.
Add water; boil until syrupy.

Add 2½ cups sugar, milk and butter;
bring to boil. Remove from heat; add
vanilla. Cool 15 minutes; beat until
creamy.

From Mrs. Fred Morris, who lives in
Lebanon, came the request for a sour
cream pound cake recipe. A good pound
cake, like one made with sour cream,
keeps well and gets better after it has a
chance to stand overnight. The following
recipe is an example. Wrap the cake
tightly in plastic wrap or aluminum foil.

SOUR CREAM POUND CAKE

- 1 cup shortening
- 3 cups sugar
- 6 eggs
- ¼ teaspoon soda
- 3 cups flour

- ½ pint sour cream
- 1 teaspoon vanilla
- ½ teaspoon lemon extract or
- ¼ teaspoon almond extract

Cream shortening, add sugar gradu-
ally and cream well. Add 1 egg at a
time, beating after each. Sift flour sev-
eral times, add soda and sift once.

Add flour alternately with sour
cream. Add flavoring and pour into
greased, floured tube pan. Bake in a
preheated 300° oven for 1½ hours.

If your kitchen is like mine, there's a
drawer stuffed with recipes —
dogeared, spattered, some never tried,
but most of them treasures from years
gone by.

Please see RECIPE, page B-6

audience into a
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indeed, with the exception of
Linda Loman — a hardfast, stand-
by-your-man wife — the Loman
family are losers pitted against
society and fated forever to butt
heads with people of promise and
direction.

The Loman sons, Biff and Happy,
almost steal the show from the
start with a brilliant comical scene
that delights in the backslapping
and bathroom humor.

Both Myke Mueller (as Happy)
and Pirkle offer stronger perform-
ances than in their earlier roles
last year in *If I Live to See Next
Fall*.

This is not a great performance,
but rather a solid and good show-
ing by this cast, which director
Steven Kent has assembled from
Los Angeles, New York, Birming-
ham and Nashville.

New York actress Kathleen
Butler, who performs as Linda
Loman, turns in a fine perform-
ance and presents the only back-
bone in the family. To her credit
she doesn't allow her performance
to dip into melodrama in a role
that offers an easy invitation to
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Butternut Cake

2 cups sugar 4 eggs

1 cup sweet milk

2 c. self-rising flour

1 cup Crisco

1 Tbsp. butternut flavoring

Cream sugar and Crisco.

Add eggs and flour alternately with milk. Add flavoring and bake at 350 degrees.



Applesauce Doughnuts Stay Moist

Doughnuts have long been a breakfast favorite, and for taste and freshness, you can't beat homemade ones. Served with milk, coffee, or tea, applesauce doughnuts have an unforgettable flavor.

This recipe calls for orange rind for an added fruity touch. Although the apple flavor is not pronounced, the applesauce helps keep the doughnuts fresh and moist. Try them soon and keep the recipe on hand when you're expecting weekend guests.

APPLESAUCE DOUGHNUTS

2½ to 3 cups flour
¼ cup sugar
½ tsp. salt
1½ tps. grated orange rind
1 envelope active dry yeast
¼ cup milk
¼ cup water
2 tbsps. butter or margarine
½ cup commercial sweetened applesauce
2 egg yolks
Shortening or oil for deep-fat frying
½ cup superfine sugar mixed with 1 tsp. cinnamon

In the large bowl of the electric mixer, stir together ¾ cup of the flour, ¼ cup sugar, the salt, orange rind, and undissolved yeast. In a small saucepan over low heat, stir together the milk, water, and butter (it does not need to melt) until liquid is warm 120° to 130°; gradually stir into flour mixture. At medium speed of electric mixer, beat 2 minutes, scraping bowl several times.

Stir in applesauce, egg yolks, and ½ cup more flour or enough to make a thick batter. Beat at high speed for 2 minutes, scraping bowl several times. Stir in enough additional flour to make a soft dough.

Turn out onto a lightly floured surface; knead until smooth and elastic—8 to 10 minutes. Place in a buttered bowl; turn to butter top. Cover; let rise in a warm draft-free place until doubled—about 1 hour. Punch down dough; turn out onto a prepared pastry cloth. With a prepared stockinet-covered rolling pin, roll out to ¼-inch thickness; cut out with a 3-inch doughnut cutter. Place well apart on buttered cookie sheets. Cover; let rise as previously until doubled—about 30 minutes.

Deep-fat fry at 375° turning once, until cooked through and golden-brown—a few minutes. Drain on brown paper and then dip into the sugar-cinnamon mixture. Makes about 1½ dozen.

Recipes For

Coconut-Sour Cream Layer Cake

1 pkg. butter flavored cake
mix

(18 1/2 oz.)

2 cups sugar

1 (16 oz.) carton sour cream

1 (12 oz.) pkg. frozen
coconut, (thawed)

1 1/2 cups frozen whipped
topping, (thawed)

Prepare cake mix according
to package directions, making
2 - 8 in. layers. When
completely cool, split both
layers horizontally. Combine
sugar, sour cream, and
coconut, blending well, chill.
Spread remainder between
layers of cake. Combine
reserved sour cream mixture
with whipped topping; blend
until smooth. Spread on top
and sides of cake. Seal cake
in an air tight container and
refrigerate for 3 days before
serving.

Sara Graves

...the letter "was
...sunshine on a dark,
...morning."
Wood and other school officials
visited Jefferson, viewed the situ-
ation firsthand, and realized that it
could be remedied. It was de-
termined that a combination fac-
ulty lounge and book-storage
room was ideal for conversion
into an art classroom. That done,
the art room at Jefferson, which
was used by high school students,
was to be turned over to middle
school pupils.

Handy Helps For Parents

Keep a bar of soap nearby to use
when baby's diaper pins won't go
through the diaper. Stick the
sharp end into the soap and it will
slide more easily.—Mrs. Bill Mc-
Kay, Memphis, Tenn.

Make puzzles as a rainy day di-
version or a time passer for a sick
child. Glue a colorful magazine
cover or picture onto a piece of
cardboard. Cut it into odd-shaped
pieces and let the child assemble
it.—Patty Wright, Chesnee, S. C.

GRIT will pay \$2 for Handy Helps submitted
for this column and accepted for publication.
Address letters to Handy Helps for Parents,
care GRIT, Williamsport, Pa. 17701.

BRIGHT SAYING

My four-year-old grand-
daughter was watching with
interest as I diapered my six-
months-old grandson, so I let
her put the baby powder on
him. Later, when it was time to
change him again, she ran for
the baby powder and hollered,
"I'll salt him for you, Grand-
ma."—Mrs. Vera West, Bethel,
Ohio.

GRIT will pay \$2 for the best Bright Saying
of a youngster received each week and ac-
cepted for publication. Address your letter to
Bright Saying, care GRIT, Williamsport, Pa.
17701.

With a Tailgate Party

By Ann Throneberry

Duck River Electric Membership Corporation

veggie dip, graham cracker treats and apple oatmeal cookies. Don't forget to pack chips for the dip and some fruit for munching on in the stands.

If tailgating is your style or you decide to gather friends around the television, be prepared with plenty of food to boost your favorite team to victory.

HAM ROLLS

- 1 cup butter
- 3 tablespoons prepared mustard
- 3 tablespoons poppy seed
- 1 small onion, grated
- 1 pound ham, shredded
- 2 cups gourmet Swiss cheese
- 3 packages Pepperidge Farm party rolls

Melt the butter in microwave. Add mustard, poppy seed and onion. With electric knife, slice through each roll in package. Remove top and spread both sides with butter mixture. Combine ham and cheese and place on roll bottoms, then cover with top. Bake in roll container for 10 to 15 minutes in 400 degree oven. May be frozen and reheated.

CRUNCHY VEGGIE DIP

- 1½ cups sour cream
- 1 cup mayonnaise
- 1 8-ounce can water chestnuts, drained, finely chopped
- ½ cup finely chopped carrots
- ½ cup finely chopped broccoli
- 1 package dry vegetable soup mix

In medium bowl combine all ingredients; mix well. Cover; refrigerate several hours to blend flavors. Serve with assorted vegetable dippers, chips, or crackers.

APPLE-OATMEAL COOKIES

- ¼ cup margarine, softened
- 1 egg
- 1 6-ounce can frozen unsweetened apple juice concentrate, thawed and undiluted
- 1 cup all-purpose flour
- 1¼ cups regular oats

- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ cup raisins

Cream margarine; add egg and apple juice concentrate, beating well. Combine flour, oats, baking powder, cinnamon, and nutmeg; add to creamed mixture, mixing well. Stir in raisins.

Drop dough by rounded teaspoonfuls onto cookie sheets coated with vegetable cooking spray. Bake at 350 degrees for 10 to 12 minutes or until lightly browned. Makes 3 dozen cookies.

CARAMEL CORN

- ⅓ of large brown grocery bag full of popcorn
- 2 cups brown sugar
- 1 cup margarine
- ½ cup light syrup
- 1 teaspoon salt
- 1 teaspoon soda

Before putting popped corn into bag, spray bag with vegetable spray. Pour brown sugar, margarine, syrup and salt in large glass bowl or pitcher. Microwave 4 minutes on high. Stir, then microwave 4 more minutes. Remove from oven and add soda. Stir; pour hot mixture over popped corn in brown bag. Shake bag well. Place in microwave oven for 3 minutes on high. Remove, shake again. Return to oven and microwave 1½ minutes. Remove; shake well. Spread on wax paper to cool.

GRAHAM CRACKER TREATS

- 48 small graham crackers
- 1 cup brown sugar
- 1 cup butter or margarine
- 1 cup pecans, chopped

Line a cookie sheet with graham crackers. In medium saucepan, bring sugar and butter to a boil and boil for 2 minutes. Remove from heat and add nuts. Spread over graham crackers to make a smooth glaze. Place in 350 degree oven for 10 minutes. Remove from cookie sheet immediately to cake racks to cool completely.

Tasty Teriyaki Chicken

Serves: 12

Prep Time: 30 Minutes

Total Time 1 Hour 30 Minutes

INGREDIENTS

- 1 tablespoon cornstarch
- 1 tablespoon cold water
- ½ cup SPLENDA® No Calorie Sweetener, Granulated
- ½ cup soy sauce
- ¼ cup cider vinegar
- 1 clove garlic, minced
- ½ teaspoon ground ginger
- ¼ teaspoon ground black pepper
- 12 skinless, boneless chicken breast halves

DIRECTIONS

1. In a small saucepan over low heat, combine the cornstarch, cold water, SPLENDA® Granulated Sweetener, soy sauce, vinegar, garlic, ginger and ground black pepper. Let simmer, stirring frequently, until sauce thickens and bubbles.
2. Preheat oven to 425 degrees F (220 degrees C).
3. Place chicken pieces in a lightly greased 9x13 inch baking dish. Brush chicken with the sauce. Turn pieces over, and brush again.
4. Bake in the preheated oven for 30 minutes. Turn pieces over, and bake for another 30 minutes, until no longer pink and juices run clear. Brush with sauce every 10 minutes during cooking.

Nutrition info (per serving)

Calories 140 | Calories from Fat 25 | Fat 3g (Saturated 1g) | Cholesterol 65mg | Sodium 660mg | Carbohydrates 3g | Fiber 0g | Sugars 1g | Protein 25g

NOTE

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Simple & Easy

OUR BEST SAUSAGE CHEESE BALLS EVER

You haven't had great sausage cheese balls until you've made 'em with Jimmy Dean. Made with only whole ground spices, it's our most flavorful, best tasting sausage ever!

Jimmy Dean® Sausage Cheese Balls

- 2 pounds Jimmy Dean® Regular Sausage
- 1½ cups all-purpose baking/biscuit mix
- 4 cups shredded Sharp Cheddar cheese
- ½ cup finely chopped onion
- ½ cup finely chopped celery
- ½ teaspoon garlic powder

Preheat oven to 375°. Mix all ingredients. Form into 1" balls. Bake 15 minutes on ungreased cookie sheet until golden brown. Makes about 6 dozen. Sausage cheese balls can be frozen uncooked.



Only the best.
That's the Jimmy Dean way.

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the clever cook™

Each month in this column you'll find tips from other good cooks. The box at *right* tells you how you can earn money for your cooking secrets.

Picture Place Cards

As place cards for the table at my dinner parties, I use old photographs of my guests in their younger days. Putting the pictures in antique-looking frames adds to the fun. When the guests come in, it's amusing to see if they can recognize themselves.

Mrs. Marie T. Gasperin
Greensburg, Pa.

Recipe Scrapbook

For my children, it's a tradition for the birthday person to choose his or

her favorite menu for dinner. As the children grow, I create a scrapbook of each menu, including the recipes that go with their choices plus a photograph of the child and our family at the celebratory meal.

Sharon Gancarz Davies
New Orleans, La.

And the Fork Ran Away With the Spoon

In our house, table-setting duties fall to our children. Here's a fun rhyme we discovered for teaching children how to properly set the table: "The silverware had a fight; the knife and spoon were right, so the fork left." Another way to teach them would be the words knife and spoon

have five letters, just like the word "right." "Fork" and "left" both have four letters.

Karen Ann Bland
Gove, Kan.

BE A CLEVER COOK

The food editors of *Better Homes and Gardens*® magazine invite you to send us your niftiest kitchen tips. We're looking for original ideas that make cooking easier, more healthful, or more rewarding for you and your family. We will pay \$25 for each published tip. Please send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine.

For sitting still for 20 minutes.

For not overstuffing the dog.

For not disrobing at the table.

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We give thanks.

✂
**Make 'em Smile
Pumpkin Pie**

Prep time: **20 min.**

- 1 (9-inch) unbaked pastry shell
- 1 (15-oz.) can pumpkin (2 cups)
- 1 (14-oz.) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 2 eggs
- 1 tsp. ground cinnamon
- 1/2 tsp. each: ground ginger, ground nutmeg, salt
- Chocolate glaze (optional)

1. Preheat oven to 425°. In large bowl, beat Eagle® Brand and other ingredients together with mixer or whisk until blended.
2. Pour into crust and bake for 15 minutes.
3. Reduce heat to 350° and bake for 35 to 40 minutes longer. Cool & garnish. Refrigerate leftovers.

Chocolate Glaze: Melt 1/2 cup semi-sweet chocolate chips and 1 tsp. solid shortening. Tip: Make leaves of pastry.

For additional Eagle® Brand recipes visit
www.bhg.live.com through December 1998.



It's time for a treat.

Making baking special for 142 years.





JALAPEÑO CHICKEN CASSEROLE

MAKES 8 TO 10 SERVINGS

- 1 (10-ounce) package frozen chopped spinach, thawed
- 2 tablespoons butter or margarine
- 1 large onion, chopped
- 2 green onions, chopped
- 2 jalapeño peppers, seeded and chopped
- 1 (10 $\frac{3}{4}$ -ounce) can cream of chicken soup, undiluted
- 1 (8-ounce) container sour cream
- 1 teaspoon ground cumin
- 1 (12-ounce) package nacho cheese-flavored tortilla chips
- 6 cups chopped cooked chicken
- 1 (8-ounce) package shredded Mexican four-cheese blend
- Garnish: green onions

DRAIN spinach well, pressing between paper towels.

MELT butter in a large skillet over medium heat. Add chopped onion, green onions, and jalapeño; sauté until tender. Remove skillet from heat; stir in spinach, soup, sour cream, and ground cumin.

LAYER half each of tortilla chips, chicken, spinach mixture, and cheese in a lightly greased 13- x 9-inch baking dish. Repeat layers, ending with spinach mixture.

BAKE at 350° for 10 minutes; sprinkle evenly with remaining cheese, and bake 10 more minutes or until cheese is melted. Garnish, if desired. Prep: 20 min., Bake: 20 min.

NOTE: For testing purposes only, we used Nacho Cheese Doritos.

MEATBALL STROGANOFF

MAKES 6 SERVINGS

Double this recipe for larger crowds.

- 1 pound lean ground beef
- 1 small onion, chopped
- 1 white bread slice, torn
- 1 large egg, lightly beaten
- 1 teaspoon minced garlic
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 1 (10 $\frac{3}{4}$ -ounce) can cream of mushroom soup, undiluted
- 1 (10-ounce) can beef broth
- 1 (3-ounce) package cream cheese, softened

ing turns cooking

Lisa Dickson's Momma's Chicken and Dumplings

Makes 8 servings

For dumplings:

2 1/4 cups self-rising flour

3/4 cup shortening
1 cup milk

Mix all ingredients together and pour onto floured wax paper. Add additional flour as needed to make sure that dough is not sticky. With floured rolling pin, roll dough until it's very, very thin, about 1/4 inch. ("The key to making dumplings is to roll the dough very thin," Lisa says.) Cut rolled dough into long, thin strips with sharp knife.

For broth:

6 boned chicken breasts
1 to 2 cans (14.5 ounces each)
of chicken broth
4 cups water

1 stick butter
Salt and pepper
Chicken bouillon granules,
optional

While preparing the dough, put chicken in large stockpot with all other ingredients and boil. When chicken is done, remove from pot and allow to cool. While it is cooling, take dumpling strips and pinch off half-inch pieces and put in pot of broth and cook 20-30 minutes on low, or until dough is done. Tear cooked chicken into pieces and add back into the broth with the dumplings. When tasting, if you need more chicken flavoring, add granules of chicken bouillon to the broth.

Ryan Vanatta's Boss Hogg Swamp Cabbage Stew

Makes 30 servings

3 pounds of hamburger
1 pound pork sausage
2 packages (4 ounces each)
Carroll Shelby's Original Texas
Brand Chili Kit (available at
Kroger), divided use
1 head of cabbage (chopped)
1 large yellow onion (chopped)
1 bell pepper (chopped)
Salt and pepper to taste
3 cans (18 ounces each) of
chili hot beans, drained
3 cans (18 ounces each) of red
kidney beans, drained

2 cans (15
ounces each)
sliced potatoes,
drained

2 cans (15 ounces
each) whole potatoes drained
3 cans (14.5 ounces each) of
diced tomatoes with jalapeno
peppers

1 jar (16 ounces) of Old El
Paso thick and chunky salsa
(medium)

2 packages (one pound each)
Polish Kielbasa sausage, sliced

Cook hamburger, pork sausage, and one package of chili seasoning together in large frying pan over medium high heat and set aside. Boil cabbage, onion, bell pepper, salt and pepper in a large pot on high for one hour and 30 minutes. Add remaining package of chili seasoning and cayenne pepper (see note) from the Carroll Shelby packet; boil another 15-20 minutes. Lower heat to medium and add beans, whole potatoes and tomatoes and let all cook another 10 minutes or so. Add the cooked hamburger and sausage and salsa and sliced potatoes. Cook at medium low another 10 minutes before adding the sliced Kielbasa. Simmer another 10 minutes. Serve.

Note: The Carroll Shelby's chili seasoning comes with masa flour, chili seasoning, salt and cayenne pepper. Add the pepper to the cabbage when you add the chili seasoning.



Teresa Vanatta's chicken enciniadas

Makes 6 servings

1 can (10.5 ounces) cream of
mushroom soup
1 carton (8 ounces) sour
cream
1 can (10 ounces) Rotel-brand

tomatoes
8 medium flour tortillas
6 cooked boneless chicken
breasts cut into small chunks
4 cups shredded cheddar
cheese

Mix together soup, sour cream and tomatoes. Fill each tortilla with a half cup of the cooked chicken. Spoon 2 tablespoons of soup mixture over the chicken, top with 1/3 cup shredded cheese. Roll up tortillas and line them in a 9-by-13-inch greased baking dish. Pour remaining soup mixture over the top of the tortillas (be sure to cover the edges to prevent them from drying out), then top with remaining cheese. Bake in 350 degree oven for 35-40 minutes.

Sheila Sloan's crock-pot chicken and dressing

Makes 4-6 servings

2 cans (10.5 ounces) cream of
chicken soup, divided use
5 cups of cornbread crumbs
2 cups bread or biscuit
crumbs
1 can (14.5 ounces) chicken
broth, or broth from cooked

chicken

1 stick of margarine, melted
2 eggs, lightly beaten
1 medium onion, chopped
1/2 teaspoon black pepper
1 tablespoon ground sage
4 cooked chicken breasts, skin
removed, de-boned and chopped

Put half of one can of soup in bottom of crock pot. In separate bowl mix all crumbs, remaining one can of soup, can of broth and margarine. Add eggs, onion, pepper and sage and mix well. Layer ingredients, putting the dressing mixture and the chicken in the crock-pot, ending with chicken on top with three to four layers. Put the remaining half can of soup on top. Cook on low for three hours.

Quick Cake and Filling

- 2 boxes white cake mix
- 6 eggs
- 6 tablespoons water
- 1 (8-ounce) package cream cheese, softened
- 2 (21-ounce) cans cherry pie filling or fruit of your choice

Mix first four ingredients. Swirl in pie filling. Pour into two 9-x-13-inch pans and bake at 350° for 40 minutes. Top with a scoop of ice cream before serving.

Yield: 30 servings.

Jerri Miller
Athens

Valley Farmers Cooperative



Delicious Corn Bread

- 1 cup butter, softened
- 1 cup sugar
- 2 cups cornmeal
- 1 cup flour
- 1/2 teaspoon salt
- 3 teaspoons baking powder
- 1 cup milk
- 2 eggs, beaten

Preheat oven to 350 degrees. Combine butter and sugar in bowl. Add cornmeal, flour, salt, baking powder and milk; mix well. Fold in eggs very slowly. Pour into 9-by-9-inch baking pan. Bake for 20 to 30 minutes. Yield: 8 servings

Follow
inside panel
for sorting,
soaking &
recipe.

Nutrition Facts

Serving Size 3 Tbsp (35g dry)	
Servings per Container 13	
Amount per serving	% Daily Value**
Calories 70	
Calories from fat 0	
Total Fat*	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	15mg 1%
Total Carbohydrate	21g 7%
Dietary Fiber	12g 48%
Sugar	1g -
Protein	8g -
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 15%

*Amount in Mix
**Percentage Daily Values are based on a 2,000 calorie diet.



SHOPPING LIST

- 1 medium chopped onion
- 1 sliced celery ribs
- 3 small chopped bell pepper
- 2 sliced carrots
- 2 cloves minced garlic
- 2 Tbsp. olive oil
- Juice of 1/2 lemon
- 2 Tbsp. Worcestershire sauce
- 1/2 tsp. basil
- 1/2 tsp. marjoram
- 1/2 tsp. black pepper

Serving Suggestions:
Add beef soupbone, smoked sausage or hamhock.
Parmesan cheese as garnish.

BARZ FOODS, INC. • P.O. BOX 17254 • MEMPHIS, TN 38187

Chop all ingredients (Not so fine)
Sprinkle with 1 Cup Salt.
let stand 2 hours Drain and
Cover with Vinegar in
which sugar has been dissolved.
add. Spices boil 45 minutes
after it has reached the
boiling point. Pour into jars
and Seal. yields. 14 Pints.

I use about 1 qt ~~goat cheese~~
Cucumbers
or 1 qt. of Celery

Use $\frac{1}{2}$ Cauliflower $\frac{1}{2}$ Cabbage
are use ~~all~~ of either one

Evaporated Peaches
Use Free Stone Peaches, (unpeeled)
Wash Well. do not let set in Water.
Drain Cut into halves, (divide Peach)
Place in baking pan and Put ~~in~~ ^{in half}
one teaspoon Sugar in Center of each
^{Peach} halves, bake in 200. degree oven
for 3 hours. Cool and Place in Plastic
Containers, bags or other Containers
Store in Freezer.

I made some on Aug 25, 88
And they are Very Good!

Nancy Estelle Kirk

(over)

Vanilla Wafer Cake

12 oz. Van. wafer (crushed)

1 stick margarine (melt)

2 cup sugar

6 eggs

1 cup milk

1 cup coconut

1 cup chopped nuts

Cream marg. & sugar together, add eggs
Alternate wafers & milk. Then add coconut &
nuts. Cook 2 hrs. on 250°

Orange Salad

$\frac{1}{2}$ pkg Lemon Jello
 $\frac{1}{2}$ pkg Orange Jello
 $\frac{1}{2}$ Cup boiling Water

1 Can Mandarin Oranges

1 med. Can Crushed Pine Apples

Mix together, and let chill sprinkle
miniature Marshmallows over
top & chill

~~Orange Salad~~

then add one pkg cream whip
(whipped) with two Tbsp. mayonnaise
spread over top of salad & sprinkle
top with grated cheese & let chill

Good!

Honey Strawberry pie

1 C ^{Heaping} sugar, 1 C water

4 heaping Tablespoon Corn starch

4 Tbls Strawberry Jello (Heaping)

3 or 4 drops red cake coloring

Mix and boil 1 min or till thick

Put in refrig & Chill.

Put one pint strawberries in
in baked pie crust. which has been
chilled. Pour above mixture over
berries & serve with whipped cream.

Can be frozen

Can use frozen whip

Layered Peach Dessert

- 1 $\frac{1}{2}$ Cup All-purpose flour
- $\frac{1}{4}$ Cup firmly packed brown sugar
- $\frac{1}{2}$ Cup Chopped pecans
- $\frac{1}{2}$ cup butter or margarine melted
- 1 (8 ounce) package Cream Cheese, softened
- 1 $\frac{3}{4}$ cup sifted powdered sugar
- 1 (8 ounce) Carton frozen whipped topping, Thawed
- 1 (3 ounce) package peach-flavored gelatin
- 1 Cup boiling water
- $\frac{3}{4}$ cup Cold water
- 3 or 4 peaches, peeled and sliced

Combine first 3 ingredients, add butter, mixing well. Press mixture in bottom of a 13x9x2-inch baking dish. Bake for 18 to 20 minutes. Cool on a wire rack.

Combine Cream and powdered sugar, beat at medium speed of an electric mixer until light and fluffy. Fold whipped topping into Cream mixture; spread over crust.

Dissolve gelatin in boiling water; add cold water. Chill gelatin to consistency of unbeaten egg white. Arrange peach slices over Cream mixture. Spoon gelatin over peach slices; cover and chill until firm, yield: 12 to 15 servings.

Get from Rachel Gibson 7-19-90

Cornbread Salad

1 pkg. cornbread mix (I make my own)

1 pkg dry ranch dressing mix

1 cup mayonnaise (Hellman's)

1 cup sour cream

2-3 T. buttermilk

3 large tomatoes (chopped)

$\frac{3}{4}$ cup green pepper, $\frac{3}{4}$ cup green onions (chopped)

2 (15oz) cans pinto beans, (drained)

2 (15oz) cans whole kernel corn (drained)

1 lb. bacon cooked and crumbled

2 cups shredded cheddar cheese.

Bake cornbread in 8 in skillet. crumble and set aside
Combine dressing mix, mayo, sour cream and enough
B. milk to make it spread good, set aside.
Mix vegetables together, drain.

To assemble salad work in layers
put half of cornbread in large bowl then half
of veg. cheese + bacon spread half of dressing
then repeat again with cheddar cheese on top
Refrigerate until ready to serve.

Bonnie Inull

Pumpkin Roll

$\frac{3}{4}$ c baking mix

3 eggs

1 c sugar

$\frac{2}{3}$ c pumpkin

2 + cinnamon

$\frac{1}{2}$ + nutmeg

Beat eggs and sugar until fluffy. Beat in pumpkin. Add dry ingredients.

Bake at 375° for 11-13 ~~min~~ min.

Filling

1 c powder sugar

8 oz. cream cheese

6 T butter

1 + vanilla

Cornbread Salad

1 pkg. cornbread mix (I make my own)

1 pkg dry ranch dressing mix

1 cup mayonnaise (Hellman's)

1 cup sour cream

2-3 T. buttermilk

3 large tomatoes (chopped)

$\frac{3}{4}$ cup green pepper, $\frac{3}{4}$ cup green onions (chopped)

2 (15oz) cans pinto beans, (drained)

2 (15oz) cans whole kernel corn (drained)

1 lb. bacon cooked and crumbled

2 cups shredded cheddar cheese.

Bake cornbread in 8 in skillet. crumble and set aside

Combine dressing mix, mayo, sour cream and enough B. milk to make it spread good, set aside.

Mix vegetables together, drain.

To assemble salad work in layers

put half of cornbread in large bowl then half of veg. cheese + bacon spread half of dressing then repeat again with cheddar cheese on top

Refrigerate until ready to serve.

Bonnie Inull

Classic Carrot Cake

Serves: 10

Prep Time: 20 Minutes

Total Time 1 Hour 5 Minutes

INGREDIENTS

¾ cup all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ teaspoon ground cinnamon
¼ teaspoon ground allspice
2 large egg whites
¼ cup eggbeaters
¾ cup SLENDA® No Calorie Sweetener, Granulated
3 tablespoons reduced fat margarine
½ cup honey
1 teaspoon vanilla extract
3 tablespoons unsweetened applesauce
3 tablespoons canola oil
2¼ cups finely shredded carrot
⅓ cup walnuts
butter flavored cooking spray

DIRECTIONS

1. Preheat oven to 350 degrees F. In medium bowl whisk together flour, baking powder, baking soda, salt, cinnamon, and allspice. Set aside.
2. In small bowl whisk together egg whites and eggbeaters. Set aside.
3. In large bowl beat SLENDA® Granulated Sweetener, margarine, honey, vanilla, applesauce, and canola oil. Mix in egg mixture, stir until well mixed. Stir in flour mixture, then carrots and walnuts.
4. Pour into greased 8 cup loaf pan and bake for 40-45 minutes, or until toothpick inserted comes out clean. Allow to cool, ice if desired.

Nutrition info (per serving)

Calories 190 | Calories from Fat 80 | Fat 9g (Saturated 1g) | Cholesterol 0mg | Sodium 270mg | Carbohydrates 26g | Fiber 2g | Sugars 16g | Protein 4g

NOTE

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MORE THAN A STRAWBERRY SHORTCAKE

- 1 Yellow Cake Mix
- 1 16 oz. Container Cool Whip
- 1 8 oz. Container Sour Cream (or substitute)
- 1 Four Serving French Vanilla Jello Instant Pudding Mix
- 1/3 cup Granulated Sugar
- 2 qts. Fresh (or frozen) Strawberries

Bake cake according to box directions and let cool completely. In large bowl combine cool whip, sour cream, pudding mix, and sugar - mix well. When cake has cooled completely, slice lengthwise (a two layer round cake will make four layers - 1 sheet cake will make 2 layers). Place layer of cake, layer of cool whip mixture and layer of sliced berries as necessary. Save about 1 cup of berries whole for the top. This cake is best if it is refrigerated overnight.

Compliments of Sandy Foster
Greene's Office Resource

MS
Harris

Melony



Pie Crust

3 c. flour

$\frac{1}{3}$ c. crs

1 egg

1 cup butter milk

salt

Choc. B.

$\frac{1}{2}$ c. sugar

$\frac{1}{4}$ c. flour

1 T. Coco.

$\frac{1}{2}$ c. milk

2 T. marg.

+ van.

I love

you

10/11/13

Jerome Bars

Cover bottom of 13x9 inch pan with whole Graham Crackers.

Combine in saucepan:

1 beaten egg

1 C. Sugar

1½ sticks butter (melted)

½ Cup ~~B~~ Milk

Cook over low heat until mixture thickens.

Add:

1 Cup graham cracker crumbs

1 Cup chopped nuts

1½ cups Coconut.

Spread mix over graham crackers and follow with another layer of ^{whole} graham.

Frosting:

½ stick butter

2 tablespoons fat milk

3oz. Cream Cheese

Bring to boil. Beat until smooth. Add 2 cups powdered sugar. Spread over top.

Let stand 24 hours and cut into squares. (Frosting may be tinted if desired)

Orange Slice Cake

2 sticks margarin
2 cups sugar
4 eggs
 $\frac{1}{2}$ cup butter milk
 $3\frac{1}{2}$ cup flour plain
1 + soda
1 pack dates
1 can coconut small
2 cups chopped nuts
1 12oz. pack orange slices

Melt butter in oven.
Add to sugar. Blend until
creamy. Add eggs one at a
time. Take one cup of
flour dredge coconut, orange
slices, nuts, dates. Mix butter
milk to soda put in mixture.

Add the nut mixture and rest
of flour mix with hand. Put in
well greased tube pan. Cook
3 to $3\frac{1}{2}$ hours at 250° . Remove
from oven. Pour 1 cup orange
juice. 2 cups powdered sugar
over cake in pan. Let cool.

RED BEANS & RICE

1/2 POUND RED BEANS
1/2 POUND SMOKED HAM OR SAUSAGE
1 LARGE YELLOW ONION CHOPPED
3 STALKS CELERY CHOPPED
1 TABLESPOON PARSLEY CHOPPED
1/2 GREEN PEPPER CHOPPED
1-2 BAY LEAVES
1/8 POUND MARGARINE
PEPPER TO TASTE
1 TABLESPOON WORCESTERSHIRE SAUCE
TOBASCO TO TASTE
SALT TO TASTE

3 CUPS COOKED WHITE RICE
2 LARGE CLOVES OF GARLIC CRUSHED
SOAK BEANS OVERNIGHT. PUT BEANS, MEAT, ONIONS,
CELERY, GREEN PEPPER, GARLIC & BAY LEAVES IN
A POT WITH ENOUGH WATER TO COVER THE
MIXTURE. BRING TO A BOIL AND LET SIMMER
FOR 2 HOURS UNCOVERED. AFTER 2 HOURS ADD THE
MARGERINE, PEPPER, WORCESTERSHIRE & TOBASCO TO THE
POT AND COOK AT A LOW HEAT, WITH THE LID ON, FOR
ANOTHER HOUR

Red Beans
& Rice

Spanish Rice

$\frac{1}{4}$ cup butter

1 onion finely diced

1 green pepper, finely diced

1 cup raw rice

1 tsp - salt

$\frac{1}{2}$ Tsp paprika

$\frac{1}{2}$ Tsp chilli powder

$\frac{1}{4}$ Tsp pepper

2 Tomatoes chopped

2 cups chicken broth

Heat the butter in a 4 cup casserole dish 30 seconds at High.

Add the onion & green pepper. Mico 4 minutes at Medium -

Add the rice seasonings tomatoes & broth. Stir, cover & mico - 15 min. at high, fluff -

Better than Sex Cake

Cake PP

- 1 box white cake mix
- 1 Small can pineapple
- 1 cup sugar
- 2 boxes Instant Vanilla Pudding
- 3 bananas
- 1 Large cool whip
- coconut
- nuts

Cook cake in long pan, heat 1 cup sugar and pineapple pour over cake while hot, let cool, Mix pudding pour over cake. Slice bananas lengthwise. Spread cool whip sprinkle with coconut then nuts. (Keep refreq.)

Cornbread Salad

1 pkg. cornbread mix (I make my own)

1 pkg dry ranch dressing mix

1 cup mayonnaise (Hellman's)

1 cup sour cream

2-3 T. buttermilk

3 large tomatoes (chopped)

$\frac{3}{4}$ cup green pepper, $\frac{3}{4}$ cup green onions (chopped)

2 (15oz) cans pinto beans, (drained)

2 (15oz) cans whole kernel corn (drained)

1 lb. bacon cooked and crumbled

2 cups shredded cheddar cheese.

Bake cornbread in 8 in skillet. crumble and set aside

Combine dressing mix, mayo, sour cream and enough B. milk to make it spread good, set aside.

Mix vegetables together, drain.

To assemble salad work in layers

put half of cornbread in large bowl then half of veg. cheese + bacon spread half of dressing then repeat again with cheddar cheese on top

Refrigerate until ready to serve.

Bonnie Inull

Bread + Butter Pickles

- 4 qts sliced Cucumbers
- 6 medium Onions
- 1 ^{green} Sweet Pepper
- 1 Red Pepper
- 3 cups vinegar
- $\frac{1}{2}$ C. salt
- 5 C. sugar
- $1\frac{1}{2}$ t. turmeric
- $1\frac{1}{2}$ t. Celery seed
- 2 Tablespoons mustard seed

Slice Cucumbers, add onions + pepper cut up. Add salt + Cover with cracked ice. Let stand 3 hrs. drain, add spices + sugar + vinegar. Heat to boiling ~~open~~ ~~on~~ ~~medium~~ fire.

from Faye

Squash Casserole

3 yellow squash

instant minced onions

6 tbs butter

1/3 can Rotel

1 cup grated cheese

Salt &
Pepper

cracker crumbs

- Slice squash put with onion. Drain.
- Add 4 tbs butter ~~Rotel~~ cheese salt pepper stir to blend.
- Pour into buttered dish
- Melt butter, pour over and sprinkle cracker crumbs
- Bake 350° till bubbly 30 mins

Corey got from his Mother

Black Party Beans

- 2 lb. ground beef
- 2 cups Onions
- 1 Cup Celery
- 1 Can Cream of Tom. Soup (10 $\frac{3}{4}$ oz.)
- 1 Can (6 oz.) Tom. Paste
- $\frac{1}{2}$ Cup Ketchup
- 1 Can 16 oz. green beans (drained)
- 17 oz. Lima
- 15 oz Wax
- ✓ 15 oz Chili beans (und)
- 16 $\frac{2}{3}$ Pork beans
- $\frac{1}{2}$ Cup Brown Sug.
- 2 T Prepared Mus.

Brown beef, Drain fat add onions & celery
Cook until tender add Soup Paste & Ketchup
Simmer 15-20 min. put in a large
pan add other ingred. Stir well.
Bake uncovered at 350° for one hour
freezes well before cooked

RED BEANS & RICE

1/2 POUND RED BEANS

1/2 POUND SMOKED HAM OR SAUSAGE

1 LARGE YELLOW ONION CHOPPED

3 STALKS CELERY CHOPPED

1 TABLESPOON PARSLEY CHOPPED

1/2 GREEN PEPPER CHOPPED

1-2 BAY LEAVES

1/8 POUND MARGARINE

PEPPER TO TASTE

1 TABLESPOON WORCESTERSHIRE SAUCE

TOBACCO TO TASTE

SALT TO TASTE

3 CUPS COOKED WHITE RICE

2 LARGE CLOVES OF GARLIC CRUSHED

SOAK BEANS OVERNIGHT. PUT BEANS, MEAT, ONIONS, CELERY, GREEN PEPPER, GARLIC & BAY LEAVES IN A POT WITH ENOUGH WATER TO COVER THE MIXTURE. BRING TO A BOIL AND LET SIMMER FOR 2 HOURS UNCOVERED. AFTER 2 HOURS ADD THE MARGERINE, PEPPER, WORCESTERSHIRE & TOBACCO TO THE POT AND COOK AT A LOW HEAT, WITH THE LID ON, FOR ANOTHER HOUR

Red Beans & Rice

Cornbread Salad

1 pkg. cornbread mix (I make my own)

1 pkg dry ranch dressing mix

1 cup mayonnaise (Hellman's)

1 cup sour cream

2-3 T. buttermilk

3 large tomatoes (chopped)

$\frac{3}{4}$ cup green pepper, $\frac{3}{4}$ cup green onions (chopped)

2 (15oz) cans pinto beans, (drained)

2 (15oz) cans whole kernel corn (drained)

1 lb. bacon cooked and crumbled

2 cups shredded cheddar cheese.

Bake cornbread in 8 in skillet. crumble and set aside.

Combine dressing mix, mayo, sour cream and enough B. milk to make it spread good, set aside.

Mix vegetables together, drain.

To assemble salad work in layers

put half of cornbread in large bowl then half of veg. cheese + bacon. spread half of dressing

then repeat again with cheddar cheese on top

Refrigerate until ready to serve.

Bonnie Inull

Chocolate Chip Cheese Ball

8 oz. cream cheese

1/2 cup butter (real butter only)

1/4 teaspoon vanilla

3/4 cup powdered sugar

2 tablespoons brown sugar

3/4 cup miniature chocolate chips

Combine all of the above ingredients. Chill until firm. Form into ball and cover with chopped nuts.

Serve with chocolate graham crackers sticks.

Oat Bran Pancakes

Serves: 6

Prep Time: 10 Minutes

Total Time 20 Minutes

INGREDIENTS

- 1 cup oat bran hot cereal, uncooked
- ½ cup all-purpose flour
- ¼ cup SLENDA® No Calorie Sweetener, Granulated
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ⅛ teaspoon salt
- 2 cups buttermilk
- ¼ cup egg substitute

DIRECTIONS

1. Heat nonstick griddle or frying pan over medium to medium high heat.
2. Combine oat bran, flour, SLENDA® Granulated Sweetener, baking powder, baking soda and salt in a large bowl. Set aside.
3. Beat together buttermilk and egg substitute in a small bowl with a wire whisk. Pour the egg mixture over dry ingredients. Stir together until ingredients are just blended and no large dry lumps appear.
4. Pour approx. ¼ cup pancake batter onto hot griddle. Cook pancakes until puffed, browned and slightly dry around the edges. Flip over and cook other side until golden brown.

Nutrition info (per serving)

Calories 130 | Calories from Fat 20 | Fat 2g (Saturated 0.5g) | Cholesterol < 5mg | Sodium 300mg | Carbohydrates 20g | Fiber 2g | Sugars 4g | Protein 7g

NOTE

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Vegetable Casserole

- 2 Cans Veg-All drained
- 1 Cup chopped Onion
- 1 Cup chopped Water Chestnuts
- 1 Cup grated Cheese
- $\frac{3}{4}$ Cup Mayo
- 1 Roll Ritz Crackers (crushed)
- 1 Stick Margarine or Butter

Mix first 5 ingredients pour in Casserole Dish. Melt Butter and mix with Ritz Crackers. Spread on top of casserole. Bake in preheated oven at 325 degree for 30 minutes or until golden brown and bubbly.

American Classic Cheesecake

Serves: 16

Prep Time: 20 Minutes

Total Time 9 Hours 20 Minutes

INGREDIENTS

Crust:

1¼ cups graham cracker crumbs

¼ cup SLENDA® No Calorie Sweetener, Granulated

3 tablespoons butter, melted

Filling

2 (8 ounce) packages regular cream cheese

1 (8 ounce) package fat-free cream cheese

1¼ cups SLENDA® No Calorie Sweetener, Granulated

4 eggs

1½ tablespoons lime juice

1 pinch salt

DIRECTIONS

1. Preheat oven to 350 degrees F. Spray a 9-inch springform pan with nonstick cooking spray. Set aside.
2. Combine graham cracker crumbs, SLENDA® Granulated Sweetener and melted butter in a small bowl. Press on bottom and up sides of prepared pan.
3. Bake 10 minutes. Remove from oven and cool on a wire rack.
4. Beat regular and fat free cream cheese together at high speed with a mixer until creamy; gradually add SLENDA® Granulated Sweetener, mixing well. Add eggs, one at a time, beating just until each one is incorporated. Add lime juice and a pinch of salt, beat until smooth. Pour into prepared crust.
5. Bake 50 to 60 minutes or until mixture is almost set, and slightly firm to the touch. Run a knife around edge of pan to release sides, and help prevent cracking. Cool to room temperature on a wire rack; cover and chill at least 8 hours.

Nutrition info (per serving)

Calories 180 | Calories from Fat 130 | Fat 14g (Saturated 8g) | Cholesterol 90mg | Sodium 260mg | Carbohydrates 9g | Fiber 0g | Sugars 4g | Protein 6g

NOTE

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Chocolate Peanut Candy

1 box German cooking chocolate
12 ounces sweet chocolate chips
48 ounces white almond bark
16 ounces dry salted roasted peanuts
16 ounces dry unsalted roasted peanuts

Place ingredients as listed into crockpot. Set to LOW, put on lid and let stand 3 hours. (Do not lift lid or stir.) Afterward, stir up candy for about 3 to 5 minutes. Pour out onto wax paper. When set, cut into squares.

Coconutty Bars

Serves: 18

Prep Time: 20 Minutes

Total Time 50 Minutes

INGREDIENTS

- 1/2 cup butter
- 1/4 cup SLENDA® Brown Sugar Blend, packed
- 1 cup flour
- 2 eggs
- 1/4 cup SLENDA® Brown Sugar Blend, packed
- 1 teaspoon vanilla extract
- 2 tablespoons all-purpose flour
- 1/2 teaspoon baking powder
- 1 1/2 cups coconut
- 1 cup chopped pecans

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Combine the butter, 1/4 cup SLENDA® Brown Sugar Blend and flour until a dough forms. Press into a 13X9 baking pan.
3. Bake for 10 minutes.
4. Blend the eggs, remaining 1/4 cup SLENDA® Brown Sugar Blend, vanilla, flour and baking powder. Stir in the coconut and the pecans.
5. Spread the filling onto the par-baked crust.
6. Return to the oven for 20 minutes.

Nutrition info (per serving)

Calories 210 | Calories from Fat 140 | Fat 16g (Saturated 8g) | Cholesterol 35mg | Sodium 70mg
| Carbohydrates 14g | Fiber 2g | Sugars 6g | Protein 3g

NOTE

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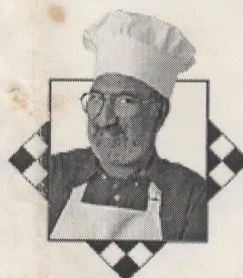
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Food *In the Kitchen and on the Town*[Food Home](#)[Recipe Finder](#)[Restaurants](#)[Drinks](#)[Cooking School](#)[Food for Thought](#)**Mr. Food***This Month's Recipes, August 2000***Two-Minute Hawaiian Pie**

Serves: 6 to 8

- 1 can (20 ounces) crushed pineapple in syrup or juice, undrained
- 1 package (6-serving size) instant vanilla pudding and pie filling (see note below)
- 1 container (8 ounces) sour cream
- One 9-inch prepared shortbread pie crust
- 1 can (8 ounces) sliced pineapple, drained and halved
- 8 maraschino cherries, drained
- 2 tablespoons sweetened flaked coconut



In a large bowl, combine the crushed pineapple with its syrup, the pudding mix, and sour cream; mix until well blended. Spoon into the pie crust; decorate with the sliced pineapple and cherries then sprinkle with the coconut. Cover and chill for at least 2 hours before serving.

Note: Don't make the vanilla pudding according to the package directions — just add the dry mix to the other ingredients.

Air date: August 2, 2000.

"OOH IT'S SO GOOD!!"

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Peach Cake

2cp. self-rising flour

tsp. cinnamon

tsp. soda

1cp. sugar

stick margarine

eggs

1. Can slice peaches drained

Mix dry ing. first then margarine
eggs, & peaches last.

Cook 35 to 40 mins. at 350°

Icing

small can pet milk

1 Cup sugar

stick margarine

tsp. vanilla

Cook until mix coats your spoon ^(about 5 mins)

Poke holes in cake & pour

icing over cake

a-2'21

Orange Julius

1 can Orange Juice Con.

1 c. milk

$\frac{1}{4}$ c. sugar

1 c. ice cubes

Blend until frothy



Children's Environmental Health
"Protecting Our Children"

Pepper Steak

2 C. Onion
2 C. ~~S. Mix~~ Water

Pepper

Mushrooms

Hot

Chopped Tom.

2 T. Soy sauce

2 T. Corn Starch

Yeast Rolls

1 Cup milk
 $\frac{1}{2}$ Cup water
1 pkg. yeast
 $\frac{1}{4}$ C. lard
1 egg
 $\frac{1}{3}$ C. Sugar
3-4 Cups P. flour

Freddye's Cookies

$\frac{1}{2}$ cup lard
 $\frac{1}{2}$ cup butter
1 cup sugar
Cream together then add:
1 egg
1 tsp. soda
1 tsp. salt
 $2\frac{1}{2}$ cup flour
vanilla

Brown Sugar Cookies

4 cups butter
4 cups brown sugar
2 cups white sugar
9 cups flour
4 tsp. salt.
4 tsp. soda
8 eggs
4 tsp. vanilla

Yeast Rolls
1 cup milk
 $\frac{1}{4}$ cup warm water
1 pkg. yeast
 $\frac{1}{4}$ cup lard
1 egg
 $\frac{1}{3}$ cup sugar
Salt
plain flour

50 Rolls
 $2\frac{1}{2}$ gals flour
 $\frac{1}{2}$ cup dried milk
2 tsp salt
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup lard
 $1\frac{1}{2}$ cup hot water
Work this, then add;
 $1\frac{1}{3}$ cup cold water
2 beaten eggs
Work again
3 Tablespoons yeast
 $\frac{1}{2}$ cup warm water

by Bonnie

Shater Bread
 $1\frac{3}{4}$ milk
 $\frac{1}{4}$ c. warm water
2 P. yeast
3 T. But.
2 T. Sug.
3 cups flour add 2 more
1 salt